

# High Adventure Camp 2018

## Suitcase/duffle bag (clothes for before/after offsite trip)

### Clothes:

- 2 changes of clothes appropriate for outdoors
- 2 changes of underwear and socks
- Pajamas / sleepwear
- Rain gear
- 2 pairs of closed-toed shoes
- Hat / sunglasses

### Cabin:

- Pillow
- Lightweight sleeping bag or sheets/blanket

### Toiletries:

- Shampoo/conditioner
- Body wash/wash cloth
- Towel
- Toothbrush/toothpaste
- Deodorant
- Brush/comb

### Other:

- Flashlight (optional)
- Book (Optional)

## Backpacking pack (items for during offsite trip)

### Clothes:

- 3 shirts
- 2 pairs shorts or convertible (zip-off) pants
- 3 pairs of underwear and socks
- Lightweight rain jacket
- Worn-in (**not brand new!**) hiking boots or sturdy shoes made for trail-running.
- Hat / sunglasses / bandana
- Hard-soled** water shoes

**No jeans. Outdoor/performance clothing recommended.**

### Hygiene:

- Travel-size deodorant
- Travel-size pack of baby wipes
- Travel-size toothbrush/toothpaste
- Travel-size baby powder
- Travel-size sunblock/bug spray (**no aerosol**)

### Gear:

- Water bottle/CamelPak/Platypus—Need to be able to carry **2 liters** of drinking water.
- Headlamp or **small** flashlight
- Lightweight** (<4 lbs) sleeping bag, or set of sheets.
- Sleeping pad/bed roll

### Optional:

- Backpacking pack (**Arlington Echo will provide this if you don't have your own**)

### Refresh bag (for end of trip):

Full change of clothes in a drawstring bag or very small backpack

### Prohibited:

- Knives/lighters
- Electronics
- Food/snacks (note: please contact us in the event of dietary restrictions)

**We make the following recommendations for your camper's comfort:**

## **Clothing**

**Jeans/ jean shorts not permitted on backpacking portion of camp.** When cotton gets wet, it takes a long time to dry and causes chafing. Look for clothing advertised as being “moisture-wicking” or “performance/outdoors” clothing. You can find these at almost any retailer that sells clothing. It's not necessary to bring a lot of clothes. One set to wear and one or two to change into are plenty.

## **Footwear**

Boots that provide ankle support offer the most protection, but sturdy trail running shoes will also suffice for this trip. Do **not bring brand new boots/shoes that have never been worn** as this can lead to blisters. Wool or synthetic athletic socks reduce friction and the possibility of blisters.

## **Gear:**

Arlington Echo will provide: backpack, tent, cooking equipment, water filtration equipment, and all meals/snacks.

Lightweight camping gear can get very expensive, so please don't feel the need to run out and spend a bunch of money before camp! Lightweight foam sleeping pads can be found at Wal-Mart or K-Mart for around \$10. Lightweight sleeping bags can be found on Amazon for around \$30. In warmer weather, you can get away without a sleeping bag and use sheets or a light throw.

## **Carrying water:**

Staying hydrated is important, which is why we ask each camper be able to carry 2 liters of water. If you have a reservoir/drinking tube system like a CamelPak or Platypus, that's great. But if not, water bottles work fine. Feel free to reuse bottles. For example, large Gatorade or Smart Water bottles are sturdy, lightweight, and since they're reused, free.

If you have any specific questions about what to bring to camp, please don't hesitate to contact us at (410) 222-3822 or email Eoin (eoneill@aacps.org). We're happy to help!